



**STROKE EDUCATION:** Robert Packer, pictured with physiotherapist Erin McHugh, has utilised the Organised Stroke Service which will celebrate World Stroke Day with a public seminar next month.

## Stroke service celebrates

Since its inception in May 2008, Waikato Hospital's Organised Stroke Service has made huge improvements to the lives and recovery of Waikato stroke patients.

The service offers early input, which greatly aids recovery and as a result survival rates in hospital improved by 20 per cent and the length of stay in hospital by more than 20 per cent with the service's organised care approach.

Now the Organised Stroke Service wants to use World Stroke Day (Thursday, October 29) as a springboard for some public information, education and discussion about stroke – New Zealand's second single largest killer.

The Organised Stroke Service is holding a free public information evening at Waikato Hospital's Bryant Education Centre from 7-8.30pm on Wednesday, October 28 (entry through Gate One, Pembroke St).

"Anyone interested in learning about what stroke is, the emergency action required when someone

has a stroke and how to prevent future strokes, is welcome," said neurologist and director of stroke services in the Waikato Peter Wright.

Attendees will have discussion opportunities, information to take home and can enjoy a free light supper.

"Stroke is a medical emergency that requires urgent medical attention to reverse the brain attack and prevent the next one," said Dr Wright.

"One-tenth of stroke patients don't survive their hospital admission and one-third don't survive the year.

"Strokes are the greatest cause of adult disability, but on the positive side, stroke is also almost entirely preventable and these prevention measures will play a big role in the free education session at Waikato Hospital."

For more information about the Organised Stroke Service's public information evening, ring Katie Holloway (07) 839 8899 or email latimerk@waikatodhb.govt.nz

## Big build to start at Waikato

Visiting Waikato Hospital will be a whole lot easier when the Waikato Clinical Centre opens in 2013.

Most of the outpatient clinics, theatres and day procedures will be there with direct access from the hospital's carpark building.

The \$118 million clinical centre is the most significant part of Waikato DHB's \$300 million Service and Campus Redevelopment (SCR) project, and is the biggest hospital project ever built in the Waikato and Bay of Plenty regions.

All 'day work' including outpatient clinics and the Same Day Admissions Unit will move into the Waikato Clinical Centre.

Operating theatres will also be inside with the first stage to open in early 2012.

"It will be the new hub of the hospital with space also available for a café, florist, consumer health centre or retail pharmacy," SCR project director Ian Wolstencroft said.

"Each department will have more space, brand new facilities and ultimately, it will move a bunch of key services into one convenient place that is easy to find."

The construction programme includes demolition of a number of buildings and refurbishment of two levels of the Waiora Waikato

Centre for a new Intensive Care Unit, High Dependency Unit and Radiology Department.

The five-level building will occupy a large piece of Waikato Hospital, Australasia's largest hospital campus site.

Mr Wolstencroft said work is already underway to prepare for this large construction site.

Demolition of old buildings will start in February, followed closely by construction.

"We will also close the existing red corridor during this time because of how close it is to the site so we're currently building a new temporary red corridor to replace the existing one during this time," he said.

Mr Wolstencroft said the temporary red corridor will be the new main route for all patients and visitors during construction.

"Signage and updated patient information will point everyone in the right direction," he said.

The Waikato Clinical Centre was part of the original SCR plans, approved in 2004, that also included the already completed carpark building, Newborn Intensive Care Unit, refurbished Delivery Suite and the new Emergency Department underway now.

Plans for a second carpark building, by the Emergency Department, are underway.



**BIG BUILDING:** When built, Waikato Clinical Centre will link into the new carpark building, improving access into the hospital.

## A chaplain's work at Waikato Hospital

At Waikato Hospital, there is a team of five full-time chaplains who offer 24/7 care and cover Roman Catholicism, Maori and Ecumenical faiths.

What do hospital chaplains do? September 21-27 is National Hospital Chaplaincy Appeal Week and it is a good time to find out.

"Hospital chaplains are part of the staff team and offer support and encouragement to patients, families and staff through difficult emotional times," said Rev Margaret Parsons.

"We are there to listen and help people find a solution.

"The person who seeks our help sets the agenda and the chaplain listens and respects that person's beliefs and values, even when they may have no religious faith."

Waikato Hospital chaplains, at the patient's request, are available

to take bedside communions and other sacraments such as anointing, prayer or baptism for babies.

They carry out room blessings when someone has died or blessings on wards or new areas and buildings.

A chapel service is held in the hospital chapel every Sunday at 10am in English and at 11am in Maori. Fifty per cent of the funding for hospital chaplains comes from the Ministry of Health, while churches and the community resource the balance.

Donations towards the Inter-church Hospital Chaplaincy Appeal can be made by donating online at [www.beingthere.co.nz](http://www.beingthere.co.nz) or posted to Hospital Chaplaincy Appeal, ICHC, PO Box 6427, Marion Square, Wellington. You can choose whether you wish your donation to go to a specific hospital or region.



**CARING TEAM:** Waikato Hospital's chaplaincy team (front row l-r) Margaret Parsons and Sister Carmel (back row) Dr Jan Calvert, Reverend Raumiria McRoberts and Reverend Young Yu.



Six things you need to know

Your district health board and the national health system will focus on The Six Health Targets for the next few years.

- 1. Shorter stays in emergency departments:** The aim is that within six hours, 95 per cent of patients who go to hospital emergency departments receive treatment and are admitted into a ward or are sent home. The length of time people spend in ED is an important measure of the quality of care in our hospitals because EDs should provide urgent healthcare; timeliness of treatment delivery (and any time spent waiting) is important for patients.
- 2. Improved access to elective surgery:** The aim is for New Zealand hospitals to do an average of 4000 more elective (not urgent) surgeries every year than they already are. The Government wants the public health system to deliver better, sooner, more convenient healthcare to all New Zealanders. This will mean more people can get their surgery when they want it and should achieve a decrease in surgery waiting times.
- 3. Shorter waits for cancer treatment:** The aim is that everyone needing radiation treatment will have this within six weeks (by the end of July 2010) and within four weeks by December 2010. Radiotherapy reduces the impact of different cancers and waiting for treatment is likely to lead to worse results for patients.
- 4. Increased immunisation:** The aim is that 85 per cent of two-year-olds are fully immunised by July 2010; 90 per cent by July 2011; and 95 per cent by July 2012. Immunisation can prevent many diseases and is a cost-effective way of preventing health problems. Immunisation gives protection not just for one person, but also for whole populations by reducing disease circulating in communities.
- 5. Better help for smokers to quit:** The aim is that 80 per cent of hospitalised smokers get advice and help to quit by July 2010; 90 per cent by July 2011; and 95 per cent by July 2012. Smoking kills about 5000 people in New Zealand every year. Most smokers want to quit, and there are simple methods to help them that can be provided in hospitals.
- 6. Better diabetes and cardiovascular services:** The aim is that more of the adult population who should be checked for cardiovascular disease (heart disease such as heart attacks or strokes) will be; more people with diabetes will get free checks every year and have better diabetes management. These sorts of health problems are the leading cause of death in New Zealand, and affect more Maori and Pacific Island people than any other ethnic group.